

SUMMIT AT SARATOGA



Monthly Newsletter

June 2023

THE Manager's Message

*"My father gave me the greatest gift anyone could give another person,
he believed in me."*

— Jim Valvano

Summer has finally arrived and there is nothing quite like a summer in Saratoga. June marks the official start of the Saratoga summer season and The Summit at Saratoga is ready for it!

There is so much to look forward to this month. We will be featuring graduation photos in the lobby and at the end of the month we will reveal who is who at our ice cream social. Trips to The Gardenworks Farm in Salem, Skene Manor, Dairy Haus and Saratoga Spa State Park. Plus, welcome back Schultz's Farm on Tuesdays at 12:30 pm with Spoonful of Sugar on the 13th.

This month we also celebrate all of our dads on Father's Day. Everyone is welcome to celebrate at the Father's Day Celebration on the 16th. Come play a lawn game and/or have a cold beer while the maintenance staff grills up some yummy hot dogs.

Annually our Summit Service Club collects donations to support the backstretch workers of the Saratoga Racetrack. For the second year, we are sponsoring a cabin for a worker and their family. Please sign up in the Great Room if you are interested in volunteering for this wonderful project.

Warm regards,



Christy Durant
Community Manager

Community Manager

Christy Durant
CDurant@SummitSeniorLife.com

Resident Services Coordinator

Rebecca Detora
RDetora@SummitSeniorLife.com

Concierge

Jessica Pratt
Concierge@SummitSeniorLife.com

Maintenance

Clyde Moore Jr.
Skip Vickery

Cleaner

Krick Wahl

Weekend Concierge

Lisa Wilson
Shelly Pooler

Transportation

Matt Leguire

The Summit At Saratoga
1 Perry Road
Saratoga Springs, NY 12866
518-430-2136
www.summitsaratoga.com

Emergency Maintenance Number
518-925-0905

Father's Day Celebration

Friday, June 16
at 12:00pm
Hotdogs, Beer & Lawn Games



The grill will be running hot, the beer flowing cold. Join us for the old fashioned games of bocce ball, ladder ball, and cornhole!

SUMMIT SERVICE CLUB

"Volunteering is a work of heart"

Campground Project 2023 for Saratoga Race Track Backstretch Workers

Again this year we are sponsoring a cabin for a backstretch worker and his family while working at the track. Our goal is to provide a clean, fresh, welcoming home to the family that will live there.

Please sign up in the Great Room if you are interested in going to the cabin and putting our goal into action.

Day and time of first visit to the cabin will be announced.

Excursions

Lunch at Hills & Hollows



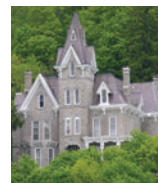
Newly named, this restaurant is located at McGregor Links Country Club.

Wednesday, June 7

The bus will leave the Summit at 11:30am.
Please meet in the lobby, 10 minutes prior.
10 residents minimum, 14 maximum

Lunch at Skene Manor

Skene Manor, listed on the National Register of Historic Places is located in Whitehall, New York. Lunch will be served in the Tea Room of this Victorian gothic-style mansion. Residents will be asked to pre-order before the trip.



Saturday, June 10

The bus will leave the Summit at 10:50am.
Please meet in the lobby, 10 minutes prior.
14 residents minimum, 14 maximum

Take a trip to Salem, NY

The Gardenworks Farm encompasses 300 acres of active and fertile farmland in the Black Creek Valley. The renovated dairy barn welcomes you to a marketplace of local cheeses, meats, organic vegetables & fresh baked goods. Also, handcrafts, artwork, and floral designs will be for sale. After browsing through the marketplace, we will enjoy lunch at Burger Den Restaurant.



Wednesday, June 21

The bus will leave the Summit at 10:00am.
Please meet in the lobby, 10 minutes prior.
14 residents minimum, 14 maximum

New York Botanical Gardens



Monday, June 26

The Summit Communities are going to join together to see the stunning landscapes at this national historic landmark.

PER PERSON RATE \$106, TOUR INCLUDES:

- Yankee Trail Round-Trip Transportation & Driver tip
- Museum Admission Ticket

Our bus will leave the Summit at 7am.
8 residents minimum, 14 maximum for our bus to transport you to the Summit at Glenwyck. Family & Friends are welcome to join.

Happy Birthday!

Vinette Dean	6/07
Randi Suppes	6/11
Shirley Peyton	6/14
Joe Kovacs	6/18
Fran Schwartz	6/21
Ted Paprocki	6/22
Wallace Paprocki	6/22
Frank Romaine	6/23
June Villani	6/26

Help us celebrate our monthly birthdays on
Wednesday, June 28 at 3:00pm
in the Great Room.

Cake & ice cream for all!

Resident Informational Meetings

Resident Program Meeting
Thursday, June 8 at 1:00pm
Great Room

Resident Meeting with Christy
Monday, June 12 at 11:15am
Great Room

Theatre How-To/Movie Committee
Thursday, June 22 at 11:00am
Movie Theater



June is for GRADUATES!

Graduation Picture Display & Contest

Join us in sharing a favorite photo of yourself graduating. Any age range accepted from kindergarten graduates to college graduates and beyond. The photos can be unique, funny, or classic.

Bring a photo (the bigger, the better) to the office by Wednesday, June 7. We will make a copy of the original. The pictures will be displayed in the lobby beginning June 9. The reveal will be on Friday, June 30 at the Ice Cream Sundae Bar.

Don't reveal who's who to others - this is a contest!

S	M	T	W	TH	F	S	
<div>Location Key</div> <div>BC-Bocce Ball Court BP-Back Patio BR-Billiards Room (3rd Floor) CR-Craft Room (2nd Floor) FS-Fitness Studio GAM-Game Room (2nd Floor) GR-Great Room LIB-Library LO-Lobby MOV-Movie Theatre MR-Music Room (3rd Floor) PC-Pickleball Court P-Pool TAV-Tavern</div>				<div>Voice Streaming for Presentations</div> <div>Voice Streaming is a fast, mostly accurate captioning that goes from the speaker to the screen.</div> <div>We offer voice streaming for meetings, presentations, trivia and more!</div> <div>Please contact Rebecca at the beginning of the month to request the service.</div>	1 <div>11:00am Flower Arranging TAV 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 5:00pm Resident Potluck Dinner GR 6:00pm Cribbage TAV 6:00pm Spa City Cello Studio Students Perform GR</div>	2 <div>10:15am Scrabble TAV 12:30pm Netflix Series: <i>The Heartland</i> MOV 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR Meal Order Form Due</div>	3 <div>10:30am Board Games TAV 1:00pm Root Beer Floats GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game MR 6:00pm Non-denominational Worship & Music GR</div>
4 <div>9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Docuseries MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV 6:00pm Communion Service LIB</div>	5 <div>11:00am Social Knitting & Crochet LIB 11:30am Board Game TAV 1:00pm Podiatrist Visits: Dr. Masias 1:00pm The Decorative Arts of America LIB 2:00pm Line Dancing FS 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV</div>	6 <div>11:00am Shuffleboard TAV 11:30am Wilton Emergency Informative Visit GR 12:30-1:30pm Shultz Farm Stand FP 1:00pm The Crown (TV Series) MOV 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Stuffed Shells Dinner TAV 5:15/5:30pm Poker Night GR</div>	9:30am Pickleball PC 11:30am Lunch at Hills & Hollows 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Tech Hour with Jennifer TAV 4:30pm Bocce Ball BC 6:00pm Hand & Foot Card Game MR Graduation Photo Due to Office	8 <div>11:30am Saratoga Springs Public Library presents How It All Began: Erasing Spaces and Faces: The Legacy of Urban Renewal in Saratoga Springs 1:00pm Resident Program Meeting GR 1:00pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersh GR 4:15pm Summit Supper Club: Lemon Pepper Chicken Dinner TAV 6:00pm Cribbage TAV</div>	9 <div>10:15am Scrabble TAV 12:30pm Netflix Series: <i>The Heartland</i> MOV 12:45pm Gavin Park with Pen Pals 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR</div>	10 <div>10:30am Board Games TAV 10:50am Lunch at Skene Manor 1:00pm Chip Tasting GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game MR 6:00pm Non-denominational Worship & Music GR</div>	
11 <div>9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Docuseries MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV</div>	12 <div>11:15am Resident Meeting with Christy GR 11:30am Board Game TAV 1:00pm The Decorative Arts of America LIB 2:00pm Line Dancing FS 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV</div>	13 <div>11:00am Shuffleboard TAV 11:30am Funding Options for Long Term Care GR 12:30pm Spoonful of Sugar Bakery FP 12:30-1:30pm Shultz Farm Stand FP 1:00pm Monthly Book Club: A Gentleman in Moscow LIB 1:00pm The Crown (TV Series) MOV 1:30pm Quarter Bingo GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Baked Haddock Dinner TAV 5:15/5:30pm Poker Night GR</div>	14 <div>9:30am Pickleball PC 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Pianist Andy Iorio GR 4:30pm Bocce Ball BC 6:00pm Hand & Foot Card Game MR Flag Day</div>	15 <div>11:00am Flower Arranging TAV 1:00pm Paw Time Social BP 1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 3:00pm Mr. Ding-A-Ling Truck FP 4:15pm Summit Supper Club: Mama Mia's TAV 6:00pm Cribbage TAV</div>	16 <div>10:15am Scrabble TAV 12:00pm Father's Day Celebration GR 12:30pm Netflix Series: <i>The Heartland</i> MOV 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR</div>	17 <div>10:30am Board Games TAV 11:00am Hymn Sing with Daniel GR 1:00pm Lemonade Social GR 1:30pm Movie Matinee 6:00pm Hand & Foot Card Game MR 6:00pm Non-denominational Worship & Music GR</div>	
18 <div>9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Docuseries MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV Happy Father's Day</div>	19 <div>10:30am Watercolor Workshop with Sue Peters CR 11:00am Social Knitting & Crochet LIB 11:30am Board Game TAV 1:00pm The Decorative Arts of America LIB 2:00pm Line Dancing FS 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV Juneteenth</div>	20 <div>11:00am Shuffleboard TAV 12:30-1:30pm Shultz Farm Stand FP 1:00pm The Crown (TV Series) MOV 1:30pm Quarter Bingo GR 3:00pm Benefits of Maintaining Good Posture GR 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Shrimp Alfredo Dinner TAV 5:15/5:30pm Poker Night GR</div>	21 <div>9:30am Pickleball PC 10:00am The Garden Works Farm and Lunch at Burger Den Restaurant 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Russ Kennedy Entertains BP 4:30pm Bocce Ball BC 6:00pm Hand & Foot Card Game MR Summer begins</div>	22 <div>11:00am Theater How-to MOV 12:00pm Summit Lunch Club: Soup & Submarine TAV 1:00pm Shopping Shuttle 2:30pm Team Trivia with Mark Hersh GR 3:00pm Drink at the Bar TAV 6:00pm Cribbage TAV</div>	23 <div>10:15am Scrabble TAV 12:30pm Netflix Series: <i>The Heartland</i> MOV 2:00pm Ice Cream Outing: Dairy Haus 2:30pm Shuffleboard TAV 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR</div>	24 <div>10:30am Board Games TAV 1:00pm Ice Cream Novelties GR 1:30pm Movie Matinee MOV 6:00pm Hand & Foot Card Game MR 6:00pm Non-denominational Worship & Music GR</div>	
25 <div>9:30am Bocce Ball BC 10:00am Buddy Swim P 11:00am Docuseries MOV 1:00pm Mexican Train TAV 1:30pm Sunday Movie MOV</div>	26 <div>7:00am New York Botanical Gardens 11:00am Social Knitting & Crochet LIB 11:30am Board Game TAV 1:00pm The Decorative Arts of America LIB 2:00pm Line Dancing FS 3:00pm Happy Hour GR 5:00pm Mahjong TAV 6:15pm Monday Night Movie MOV</div>	27 <div>11:00am Shuffleboard TAV 12:30-1:30pm Shultz Farm Stand FP 1:00pm The Crown (TV Series) MOV 1:30pm Quarter Bingo GR 3:00pm Saratoga Springs Public Library Outreach LIB 3:30pm Pinochle TAV 4:15pm Summit Supper Club: Meatloaf Dinner TAV 5:15/5:30pm Poker Night GR</div>	28 <div>9:30am Pickleball PC 11:00am Saratoga Spa State Park: Walk & Water 1:30pm Movie Matinee MOV 2:00pm Mexican Train TAV 2:00pm Lip Reading Class LIB 3:00pm Monthly Birthday Party GR 4:30pm Bocce Ball BC 6:00pm Hand & Foot Card Game MR</div>	29 <div>1:00pm Shopping Shuttle 1:00pm LCR Dice Game TAV 3:00pm Step On It! Travel Tour of Sante Fe, New Mexico 5:15pm Summit Supper Club: Three Vines Specialty Menu GR 6:00pm Cribbage TAV</div>	30 <div>10:15am Scrabble TAV 12:30pm Netflix Series: <i>The Heartland</i> MOV 2:30pm Shuffleboard TAV 3:00pm Ice Cream Sundae Bar & Graduation Picture Reveal GR 4:00pm BYOB Tavern Time TAV 5:15/5:30pm Poker Night GR</div>		
<div>CONNECTED life</div> <div></div> <div>FITNESS</div>	<div>Every Monday</div> <div>Balance FS 9:30am Yoga FS 10:00am Strength Training FS 10:30am</div>	<div>Every Tuesday</div> <div>Hydro Rider P 8:00am/8:30am Aqua Fit P 9:30am Intermediate Tai Chi LIB 9:30am Beginner Tai Chi LIB 10:15am Balance Class FS 10:30am Yoga FS 11:00am Move & Groove FS 11:30am</div>	<div>Every Wednesday</div> <div>Water Aerobics P 8:30am Stretch N'Flex FS 9:30am Sit2BeFit FS 10:30am Buddy Swim P 1:00pm</div>	<div>Every Thursday</div> <div>Hydro Rider P 8:00am/8:30am Aqua Fit P 9:30am Balance Class FS 10:30am Yoga FS 11:00am Move & Groove FS 11:30am</div>	<div>Every Friday</div> <div>Water Aerobics P 8:30am Advanced Tai Chi LIB 9:00am Intermediate Tai Chi LIB 9:30am Hydro Rider P 9:30am/10:00am Beginner Tai Chi FS 10:15am Buddy Swim P 1:00pm</div>	<div>Maintenance Corner</div> <div>If you do not use your dishwasher, we ask that you still run it 2x a month. Place a little squirt of Dawn on the bottom and press start. Thank you!</div>	

WWW.SUMMITSARATOGA.COM

Community Programs

Spa City Cello Studio Students Perform

Thursday, June 1 at 6:00pm

Students range in age from 3 to 18 years old. It is sure to be a musical dessert as you will hear music from Twinkle Twinkle Little Star to advanced pieces by Bach and Tchaikovsky.



It's That Time of Year Again!

Shultz Farm Stand

Check out what's in season!
Tuesdays 12:30-1:30pm
Front Porch

A SPOONFUL OF SUGAR
Confectionery Bliss



Summer treats,
quiche and more!

Tuesday, June 13
12:30-1:30pm
Front Patio



Gavin Park with Pen Pals

Friday, June 9

We are so excited to meet our 4th grade students from Dorothy Nolan Elementary School.

The bus will leave the Summit at 12:45.
We will return at approximately 2:15pm.

12 residents minimum, 14 maximum

June Art Class

Watercolor Workshop with Sue Peters

Monday, June 19 at 10:30am
Craft Room

We will have everything you need - canvas, brushes, and paint. Use our ideas or bring your own imagination. Budding artists welcome!

Sign up as there is limited seating.



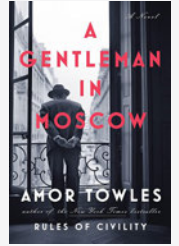
Summit Book Club

Tuesday, June 13
at 1:00pm in the Library

This month we are reading and discussing *A Gentleman in Moscow* by Amor Towles.

All residents are welcome.

No sign-up necessary. Happy Reading!



Pianist Andy Iorio

Wednesday, June 14
3:00pm

Please join us
in welcoming back
Composer and Pianist, Andy Iorio.

Here are 6 fun facts about Andy:

1. 3x HMMA Award Nominee
2. Over 2 million streams across ALL platforms
3. Music streamed in 133 countries
4. College Lecturer
5. Composed score for "The Perfect Color" in 2013
6. Quarter Finalist in Audacy's "Opening Act 2022"



MR. DING-A-LING ICE CREAM TRUCK

THURSDAY, JUNE 15 AT 3:00PM
THE PRICES FOR THESE ICE CREAM
NOVELTIES BEGIN AT \$3.00.

FRONT PATIO

ENTERTAINMENT on the Patio

Guitarist & Vocalist
Russ Kennedy

Wednesday, June 21
3:00pm



Russ has been entertaining over 30 years, performing to audiences in many night clubs, restaurants, country clubs, and corporate events in the Capital Region and beyond.

The Decorative Arts of America

Marilyn Sassi, Professor and Historian

**Mondays, June 5 - July 10
1:00pm - 2:00pm Library**

This 6 week slide-lecture series will begin with American folk art painting and carry straight through with the history of men's and women's fashions from the 15th-19th centuries.

Wilton Emergency Informative Visit

Tuesday, June 6

11:30am

Great Room



Find out services provided by Wilton EMS and what you can do in an emergency.

BROWN BAG LUNCH LECTURE SERIES



at Saratoga Springs Public Library

Erasing Spaces and Faces:

The Legacy of Urban Renewal

in Saratoga Springs

Thursday, June 8

The Legacy of Urban Renewal is a social practice multidimensional project that integrates history, art, and storytelling to learn about the impact of urban renewal.

The bus will leave the Summit at 11:30am.
5 residents minimum, 14 maximum.



SARATOGA SPRINGS PUBLIC LIBRARY
YOUR SOURCE FOR INFORMATION, INSPIRATION, AND ENTERTAINMENT

Funding Options for Long Term Care

Facilitated by
Renee Birnbaum & Melonie Pratt
of Choice Connections



Tuesday, June 13 at 11:30am
Great Room

- A Discussion on Long Term Care options & costs
- Understand Home Care options; cost, levels of care
- Understand Senior Housing: cost, amenities, levels of care
- Review funding options available for care: VA benefits, LTC Insurance, Medicaid
- Other care options and resources available in the community: grants, day programs, volunteer organizations



HECTORP
www.hectorpt.com



Benefits of Maintaining Good Posture

Tuesday, June 20th

3:00 pm In the Great Room

Join Occupational Therapist Heather Wise to learn simple exercises and tips to remain safe, active, and independent.

Step On It!

**Travel Tour of
Sante Fe, New Mexico**

Thursday, June 29

3:00pm

Great Room



Walk with us to New Mexico and the city whose full name as founded remains **La Villa Real de la Santa Fe de San Francisco de Asís**

Santa Fe is widely considered one of the world's great art cities, due to its many art galleries and installations. It is recognized by UNESCO's Creative Cities Network.

Concierge Services

CONTINENTAL BREAKFAST

8:30am until 10:30am in the Great Room

We are happy to offer a continental breakfast to our residents seven days a week. Start your morning right with a healthy breakfast while enjoying each other's company.

There are also copies of the newspaper in the Great Room for residents to read.



♥ Gift Certificates Available ♥

Stylist

Patricia Keefe 518-992-4904

Therapeutic Massage

Shari Parslow 518-879-9365

Nail Technician

Tina Mone 518-698-4693

Spa Garment Care

Fresh Market Plaza, 56 Marion Avenue,
Saratoga Springs, NY 12866

(518) 935-0525

Dry Cleaning, Shoe Repair & Tailoring

Free Pick-up and Delivery

10% off on all orders

On-Site Podiatrist

Dr. Michael Masias, DPM

Monday, June 5 at 1:00pm.

To make your appointment, sign up in the Great Room. He will visit you in your apartment.

SENIOR REHABILITATION SERVICES

HECTORPT

www.hectorpt.com

(518) 577-5214



Resident Transportation

Tuesdays and Thursdays, 9am—3pm.

Please notify the office at least one week ahead of time.

Destination must be within a 12-mile radius.



♥ CVS pharmacy™

Now delivering Rx+ more!

We offer two convenient delivery options, so you can get what you need within hours or 1 to 2 days.

Residents can set up an account at CVS.com.

Please see office for more details if needed.

Pharmacy Delivery



STONE'S PHARMACY

1 Main St.,
Lake Luzerne, NY 12846
P: (518) 696-3214
F: (518) 696-5192

Residents can set up an account in advance and Stone's will deliver free of charge in the Saratoga area Monday—Friday between 5:30pm and 6pm.

You must be home to accept delivery.

Route 50 Shopping

Please sign up for the **Thursday 1:00pm** Shopping Shuttle in the Great Room.



Saratoga Springs Public Library

Outreach

Tuesday, June 27 at 3:00pm

Library

There will be an array of books and movies to browse through. If you would like to reserve a book for that date, please call the library at 518-584-7860 ext. 228.



SARATOGA SPRINGS PUBLIC LIBRARY
YOUR SOURCE FOR INFORMATION, INSPIRATION, AND ENTERTAINMENT